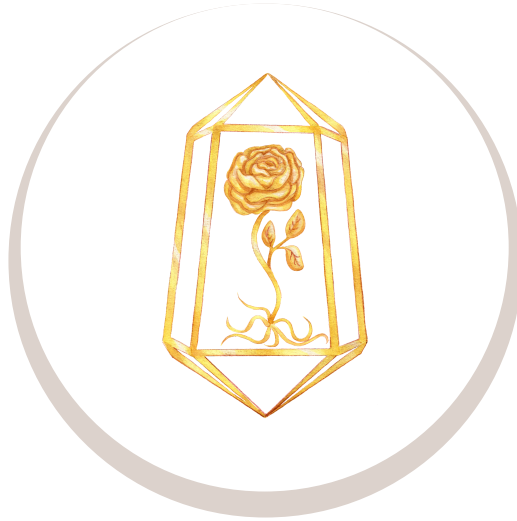




# A better To Heal

A guide and Tool

Created and Illustrated  
by Isis Escobar S.



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2021

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# Welcome Beloved,

Thank you for having the courage to take a moment in this time and space to invest in yourself.

There is nothing more important in life than knowing who we are, so that we can create the life we deserve and where born to have.

A life full of love, joy, harmony, peace, pleasure, creativity and so much more.

Healing is one of the first steps we take to come back to our hearts, to our true selves.

May this Healing Letter exercise assist you in your journey.

Love Always,

Isis Escobar S.







*"It's safe to let go,  
It's safe to move forward."*

## About

A great part of healing is being able to release stuck emotions or memories.

Many times these emotions are stuck due to the fact that we are not able to talk and let others know how we feel or it might not be safe to do so.

At times this could be someone that has hurt us, and we wish to let them know how much they did.

Others someone we have hurt and it is hard to say how sorry we are.

Others just someone we have lost and we wish we could tell them how much we miss them.

Regardless, this beautiful exercise will assist us in releasing this pain from our hearts.





# Instructions


\*Print out the illustrated pages included in this exercise, choose the one that appeals to you the most, have a pen or pencil ready.

\*Create a safe quiet place, where you can concentrate and focus without being interrupted or disturbed.


\*If possible have a nice candle, incense and a glass of water, also you might enjoy a warm beverage to help you relax, my favorite is a cup of cacao, you might also connect with a roses, chamomille, or cinnamon tea, or something similar,. relaxing music might also help.

\*Close your eyes for just a minute and breath relax as much as possible before starting.

\*After you feel safe and ready bring to your mind the person you wish to write this letter to. Search for feeling into the emotion that it is trapped, feel into it as deep as possible but only into a point that is verable and start writting, write what is it you want to say, what is it that you are thinking, what are you feeling.....







\*Express freely, remember that this letter is for your eyes only, it is safe to let go, it is safe to move forward.

\*After you are finish, you may cut the letter into pieces and buried under a plant or tree and tank mother earth for asisting us and for all of her love.

\*If you prefer, you may burn the letter and ask the sacred spirit of fire to asist you in your healing and in letting go of this emotions that where stuck.

Im my case I rather burn it, but I understand that it might not be safe in the place you are now, you decide on your best option.

and that is all.

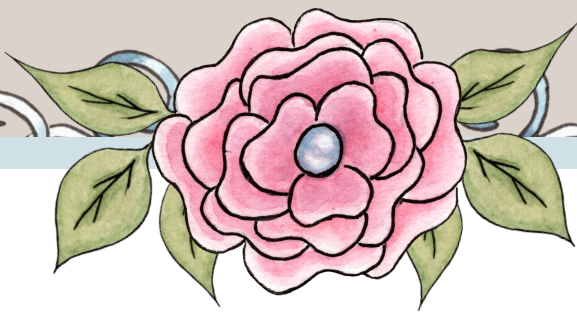
uff!! we did it,

*Congratulations!  
for this small great step*



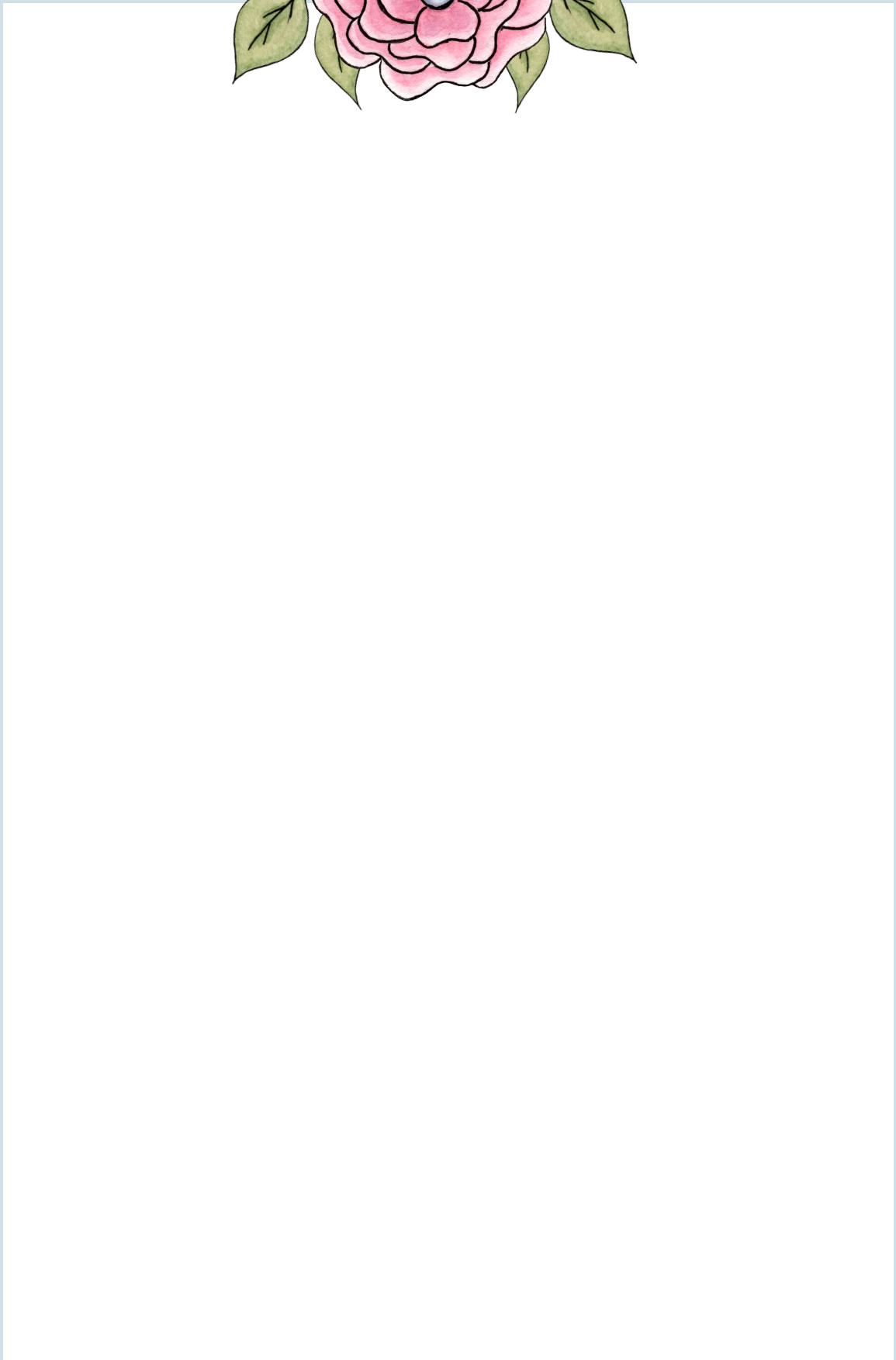
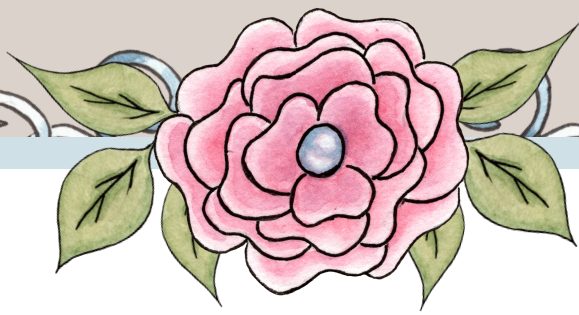






A large rectangular area with a light blue border, containing 25 horizontal lines for writing. The lines are evenly spaced and extend across the width of the box. The background of the page is a light beige color, and the entire page is framed by a decorative blue and white scrollwork border.





# Final Reflections

One more time, I thank you for taking this step into your healing.

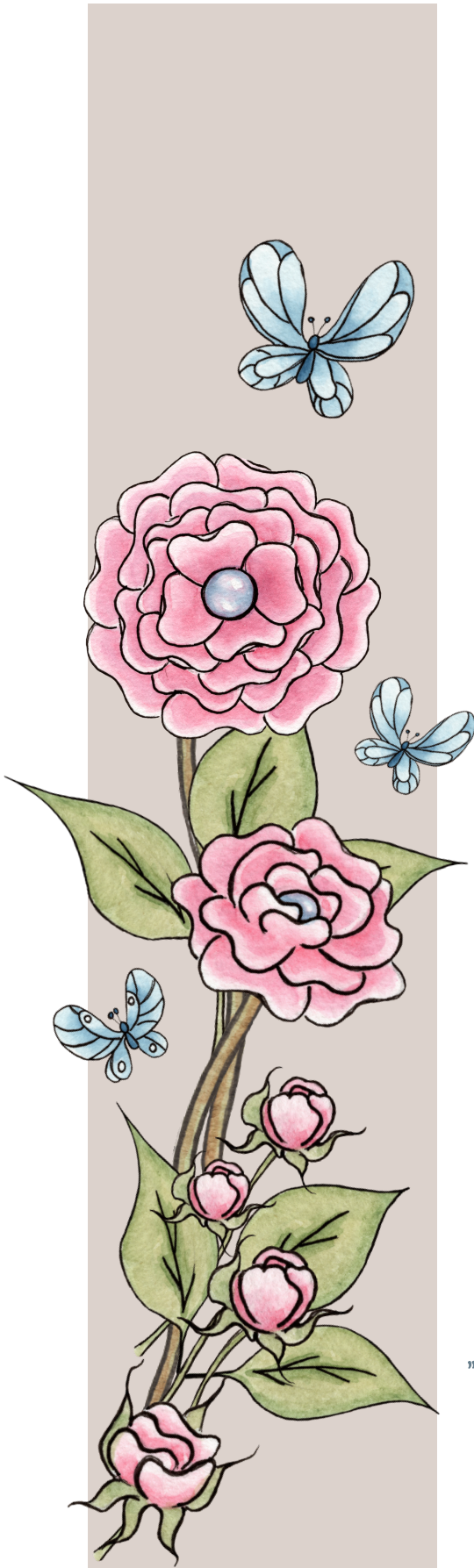
This exercise may seem simple but from my experience I can truly tell you it is very powerful.

It is a beautiful loving and kind way of moving forward in our life, of letting go of hurtful energies and making room for the new.

It is another powerful tool to have in handy in our journey and to assist us in coming back home to our hearts.

You been very brave, don't forget to celebrate after you finish your exercise, uplifting music, a little dancing may do the trick ;)

"Thank you for being who you are,  
Thank you for being you"





# MEET ISIS



Author  
and  
Illustrator

In Service To Love, Light And Beauty.

Visionary Artist,  
Healer Of The Rose,  
Lightworker.



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